

KEEP WELL AND STRONG.

Deep Breathing and Plenty of Fresh Air Are Essentials to This End.

Deep breathing can be learned by everybody. It is difficult at first, but becomes second nature after awhile.

It is claimed that people who breathe naturally always breathe deeply. The Indian squaw who has never known a band around her waist breathes deeply.

Deep breathing will reduce the weight of one's fat and it will add flesh if one is thin. It is the greatest known equalizer.

Before trying deep breathing be sure that the atmosphere is good. The air should be free and pure all the time.

The result of sleeping in a room free of small articles soon becomes apparent in the health and complexion of the occupant.

To get the best results, sleeping or waking, have good, clear, pure air, and learn to breathe deeply.

To breathe deeply study the art of filling the lungs with fresh air full. Stand erect. Place the hands upon the hips, throw back the shoulders and breathe.

In walking be sure to practice deep breathing. Draw in a long, deep breath. Breathe slowly while walking.

Practice deep breathing every day. Loosen the clothing, stand erect, throw back the shoulders and inhale a full deep breath.

MARKING HOUSEHOLD LINEN

Some Particulars Which May Be New and of Value to Many Housekeepers.

The monogram is the most elegant form for marking linen, but the simple initial is perfectly correct.

The same initial or monogram should be used on all household linen, only varied in size according to the sizes of the articles to be marked.

Everyone bears the traces of toil. The streets are narrow and tortuous, and have that indescribable "stuffy" smell the nearest approach to a desecration can be a combination of the odors of boiled cabbage and spilled paraffin.

The children too often show plain traces that their mothers are busy at other work than caring for their babies.

The streets are ever a tangled confusion of pavement merchants of patient coolies carrying heavy burdens, of laughing children, of rare horses or cattle carrying provisions.

Shimonoseki and Moji have been the center for two of the most momentous events in modern Japanese history.

It was therefore fitting that this same bay, which had witnessed the humiliation of the old, should be the scene of the crowning triumph of the new.

Stew six stalks of rhubarb with half a lemon rind, a stick of cinnamon and two cupsful of sugar, when it has boiled down remove from the fire and pass through a sieve.

Train Up the Parents. The child's salvation must be won from within out and not from without.

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GIBRALTAR OF JAPAN

ONE OF THE BEST FORTIFIED PLACES ON THE EARTH.

Stronghold of the Island Empire Where No Indications of Military Preparation Are Manifest.

Moji is the Gibraltar of Japan. Whether you arrive by land or by sea, the place gives an immediate impression of culminating majesty.

The hills, black and lined with mist, stand grimly round. Stacks of Titanic chimneys on the low levels of Moji vomit forth thick smoke, recalling the horrors of Pittsburgh.

In the harbor, both on the Moji and the Shimonoseki sides, the native craft are emptying and filling with great speed.

It is hard to realize that around here is one of the best fortified spots on earth. Every trace of the gigantic military and naval preparations now proceeding in the neighborhood is as carefully covered as possible.

While the Japanese mind stands for poetry, color and refined philosophy, there is an element of adroit evasiveness in the character of the people that would make a Japanese domination of Asia a serious barrier to the civilized advance of the rest of the world.

Japanese standards of business are not favorable to the development of American trade. Among these acts is one which an American consul has called to the attention of the United States government.

Up-to-Date Bath. Much the worse for alcohol, a young fellow entered a Washington bath parlor early the other morning.

His Belief. "Do you think that dollars should dominate our politicians?" "Not at all," answered Senator Borah.

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HINDOOISM AND THE ZONE.

Exposition of the Theory of Transmigration by One of the Swami.

As is well known, a great majority of Hindus are firm believers in the transmigration of the soul. The doctrine, however, is but imperfectly understood in Christian countries.

"To live in love with all that lives, not seeking or not earning for tomorrow's guerdon; to make of his life an oasis in the desert of self-desire; to strive ever, even here and now, after true love and wisdom and the perfect peace—this is for the Buddhist the supreme ideal.

But if this universal life be ever-changing, sorrowful and without an end there is still, our religion teaches, an end and a cessation. Thought is the creator of these worlds, the builder of this earthly tabernacle, the maker of this vision, and to him who gains the victory over thought comes in this life unutterable peace.

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ATHLETIC GAMES IN SYRIA.

The Customs of the Orientals Are Undergoing a Gradual Transformation.

Oriental peoples are very averse to physical exercise of any kind, says the World To-Day. Their idea of enjoyment is to sit under an awning and play backgammon.

But they are imitative people, and years ago the influence of the younger teachers got a few of the preparatory boys out for foot-races.

Tennis and basketball soon won their place in the students' favor, and now we have gymnastic apparatus and a regular graduated athletic director.

It was football that did the most toward unification. The value of team work is a new idea to the eastern college men.

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AFRICAN RAILWAY WORKMEN

The Man in Charge Often Acts as Police Judge and Executioner of His Gang.

The old slave traders have built up a very fair type of negro at the coast, and it was here we engaged most of our natives, says A. B. Lueder.

The interior negro is generally speaking, a useless fellow, with the exception of the tribes just north of Lake Victoria, the Waganda, from whom we had some men.

The best and most faithful workers came from German territory, the Wanduwaizi, who are, as a rule, good, staid, strong men who will stand a great deal of really hard work.

A serious fault of these men was that they would get tired of working and wish to go home about the time they had learned to do our work.

In handling these men it was necessary almost to go back to old slave days. They could be punished in no way except by the whip or by flogging them.

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CROSS AGAIN FASHIONABLE.

Ornament of the Olden Time Is Once More Popular with the Women.

Are you wearing a cross about your neck or on your wrist? For certain these days, machine, or mademoiselle or little missy? If not, you have missed the latest note in fashionable decoration.

Your grandmother wore a cross, most certainly, your mother in all probability, if you have passed the fiftieth milestone. The grandmother's cross was of jet, silver, coral, enamel or gold, heavy gold.

Ten years ago a Chicago woman, wishing to make a friend a wedding present, decided upon a silver cross to be suspended from a delicate silver chain.

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